

### Abstract of the Disclosure

A method of increasing the HDL concentration and the HDL/LDL concentration ratio  
5 in human serum by providing a balance between a sufficient and required proportion of  
cholesterol-free saturated fatty acids in the daily dietary fat of the human and a sufficient and  
required, but not excessive, proportion of polyunsaturated fatty acids comprising linoleic acid  
in dietary fat, while the remaining proportion of fatty acids and energy from the dietary fat is  
provided by monounsaturated fatty acids comprising oleic acid. Also described are  
10 compositions, including fat compositions and filled dairy products, containing such balanced  
fatty acid proportions.